

# COVID-19 Restaurant Guidance

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Ohio is experiencing cases of COVID-19. Protect yourself and others by washing your hands and cleaning objects frequently.

## How COVID-19 Spreads

COVID-19 is not a foodborne illness. However, the virus enters the body when hands or objects contaminated with the virus are put in the mouth. Even if you can't see it, tiny amounts of the virus can get into your mouth and make you sick. COVID-19 can be spread by:

- Close contact with a person who is sick with COVID-19.
- Touching surfaces that are contaminated and then putting hands on face. Keep hands below the chin.

## How can I help prevent the spread of illness?

**Wash hands** for 20 seconds with soap and warm water:

- Immediately before preparing food or working with non-prepackaged food, clean equipment and utensils, including take out containers or utensils.
- After using the bathroom.
- After handling dirty equipment or utensils.
- After coughing, sneezing, blowing nose, smoking, eating or drinking.
- Before putting on disposable gloves to start working with food.
- After changing diapers.

**Clean and disinfect** frequently touched object and surfaces, including:

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|---------------------|----------------------|-------------------|
| • Bathroom surfaces | • Tables and chairs  | • Remote controls |
| • Light switches    | • Doorknobs          | • Menus           |
| • Kitchen surfaces  | • Computer keyboards | • High chairs     |
| • Phones            | • Railings           |                   |

**In addition:**

- Avoid touching your eyes, nose and mouth.
- Cover your cough or sneeze with your arm or inner elbow, NOT your hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care

## Effective Disinfectants

### Chlorine Bleach

- Add 1/3 cup of bleach to 1 gallon of water. Mix and use the chlorine solution promptly. Allow one minute of contact time and then rinse with water.
- Use for stainless steel, items that come in contact with the mouth and food, tile floors, nonporous surfaces, counters, sinks and toilets.

### Other Disinfectants

- To determine if a product is effective against COVID-19, please refer to the registered EPA website: [https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list\\_03-03-2020.pdf](https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list_03-03-2020.pdf)

## Questions

For questions, please call Columbus Public Health at 614-645-1519 or the Ohio Department of Health at 1-833-4-ASK-ODH (1-833-427-5634).

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